

COASTAL B.C. NATIVE FOOD GUIDE

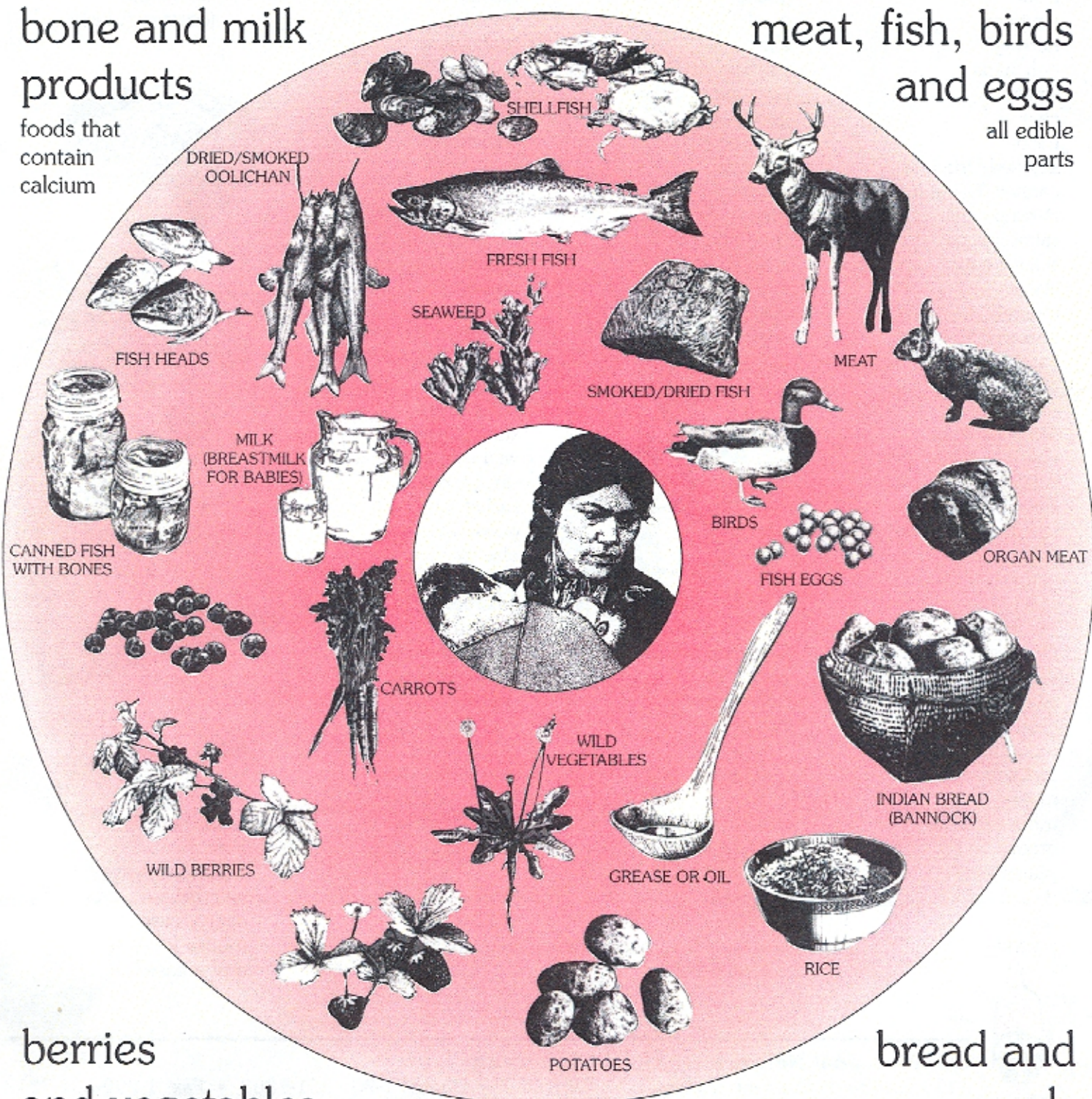
Eat a variety of foods from each group every day.

bone and milk
products

foods that
contain
calcium

meat, fish, birds
and eggs

all edible
parts



berries
and vegetables

bread and
cereals